



SUMTER FAMILY YMCA UPPER GYM

February 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday & Wednesday | | Tuesday & Thursday | | Friday | | Saturday | | Sunday | |
|--|---------|--|---------|---------------------------------------|---------|---------------------------------------|---------|-------------------------------|---------|
| Y Court | A Court | Y Court | A Court | Y Court | A Court | Y Court | A Court | Y Court | A Court |
| 4:00 am - 5:30 am Open Gym | | 4:00 am - 1:00 pm Open Gym | | 4:00 am - 5:45 am Open Gym | | 6:30 am - 9:00 am Open Gym | | | |
| 5:45 am - 6:45 am Functional Fitness | | | | | | 9:00 am - 3:00 pm Basketball Games | | | |
| 7:00 am - 4:00 pm Open Gym | | 1:00 pm - 3:00 pm Pickleball | | 4:00 pm - 4:30 pm Swim Team | | 3:00 pm - 6:00 pm Open Gym | | | |
| 4:00 pm - 4:30 pm Swim Team | | 3:00 pm - 5:30 pm Open Gym | | 4:30 pm - 5:30 pm Open Gym | | 3:00 pm - 6:00 pm Open Gym | | 1:00 pm - 5:00 pm Open Gym | |
| 5:30 pm - 8:30 pm Basketball Practice | | 5:30 pm - 8:30 pm Basketball Practice | | 5:30 pm - 8:30 pm Basketball Games | | | | | |
| 8:30 pm - 9:00 pm Open Gym | | 7:30 pm - 8:45 pm Adult Volleyball (Half Court) | | | | | | | |
| | | 8:30 pm - 9:00 pm Open Gym (half Court) | | | | | | | |

Church League Basketball Games will end February 23.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.